

# Studio Class Timetable

Please Note - From Tuesday 1<sup>st</sup> September

## *Monday*

07:00 - 07:45	Indoor Cycling	Donna
09:00 - 09:30	H.I.I.T	Gym Team
10:00 - 10:45	Body Pump	Beth
11:00 - 11:45	Body Conditioning	Lisa
12:00 - 12:45	Yoga	Lisa
18:00 - 18:45	Indoor Cycling	Donna
19:00 - 19:45	Bootcamp	Gym Team

## *Tuesday*

09:00 - 09:45	Bootcamp	Gym Team
10:00 - 10:45	Indoor Cycling	Zenobia
10:30 - 11:15	Aqua	Grace
11:00 - 11:30	Core Blast	Gym Team
18:00 - 18:45	Pilates	Carol
19:00 - 19:45	Yoga	Diana

## *Wednesday*

07:00 - 07:45	Indoor Cycling	Donna
09:00 - 09:30	Core Blast	Gym Team
10:00 - 10:45	LBT	Gym Team
10:30 - 11:15	Aqua	Haylley
11:00 - 11:45	Pilates	Antonia
18:00 - 19:45	Indoor Cycling	Antonia
19:00 - 19:45	Pilates	Antonia

## *Thursday*

09:00 - 09:45	Bootcamp	Gym Team
10:00 - 10:30	H.I.I.T	Gym Team
11:00 - 11:45	Pilates	Paula
18:00 - 18:45	Yoga	Diana

## *Friday*

07:00 - 07:45	Indoor Cycling	Donna
09:00 - 09:30	HIIT	Gym Team
10:00 - 10:45	Body Pump	Beth
11:00 - 11:45	LBT	Gym Team

## *Saturday*

09:00 - 09:45	Indoor Cycling	Zenobia
10:00 - 10:45	Body Pump	Zenobia
10:30 - 11:15	Aqua	Carol
11:00 - 11:45	Core-Conditioning	Gym Team
11:30 - 12:15	Aqua	Carol

## *Sunday*

09:00 - 09:45	Bootcamp	Gym Team
10:00 - 10:45	Yoga	Denise
11:00 - 11:30	Core Blast	Gym Team

\*Subject to change and teach substitution